

Basingstoke Breast Cancer Self-help Group

Minutes of the Monthly Meeting

Held on 17th January 2023

Chairman: Angela Bennett

Treasurer: Renee Smith

Newsletter: Liz Janes

Secretary: Heather Bounaouara

Attendees

16 ladies attended.

Welcome

This monthly meeting followed the AGM.

Minutes

There were no minutes to be read out and signed this month.

Chairman's Report

Angela received a letter of thanks from St Michael's Hospice.

There was a reminder about the Milestones Museum cream tea outing on 7th March 2023. Those going are to arrive by 1.30pm, and the cost is £14 which includes entry into the museum. There will be a tea tent erected exclusively for our group.

Angela then asked the group for suggestions for other outings - gardens and cream teas; please let us know at the next meeting.

We were then asked if we all wanted to do the canal trip again, and the resounding answer was that we do. A Friday was suggested for the next trip, but fish and chips are only available on a Tuesday evening. The months of June or July are possibilities, and we could all bring our own picnic.

Liz spoke to us again of the Nearly New Sale to raise funds for the group. It will take place at More of the Good Stuff, and the date is yet to be decided.

Liz told us about an outing called "chocolate craft at Arlesford". Classes are run in making chocolate, and there is tour of the centre and chocolate tasting. The number of places is limited to 12 and the cost is £10. Liz will take names for this and it could take place in May, during a weekday.

Heather let Angela and the group know that a specially-trained gym instructor, based at the Aquadrome, has offered to come and do a talk for us about exercise during and post cancer treatment. Angela said that she had all speakers organised for this year but will consider it for next year.

Renee informed everyone of a Lou Taylor evening at the Lions on 18th of March. Tickets will cost £12.50, and there was much interest in this event.

The meeting closed at 8pm.